



Dr. George M. Weir Elementary

School News

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<https://www.vsb.bc.ca/schools/dr-george-m-weir>

☞ Week of May 1, 2020 ☛

Dear Weir Families:

I hope you and your family are doing well. As we continue with remote learning, we miss hearing your laughter, and good morning hellos, smiling faces, waves good-bye, and the sharing of your stories. We miss our daily interactions with you and with one another.

Weir staff are working extremely hard to ensure that students continue to feel connected and receive educational experiences, albeit remotely. Learning will look different and expectations will be different. Please be mindful that work posted online is an opportunity to support continuity of learning for students. This is also an opportunity for students to continue working on their competency skills: communicating, thinking independently, thinking critically and creatively.

A reminder that you can also access resources through the [Continuity of Learning](https://www.vsb.bc.ca/Student_Learning/Continuity_of_Learning/Pages/default.aspx) link on the Vancouver School Board website. https://www.vsb.bc.ca/Student_Learning/Continuity_of_Learning/Pages/default.aspx

We are all finding our way in this new normal for education and we are learning right alongside our students and families. The strength and commitment of our community and the effort and work being done by our staff and families is impressive. Thank you to all of our families for your continued patience, support and cooperation during this challenging time.

By now, all students are well connected to their new learning community, and many classes have been having a wonderful time navigating their Teams Classroom. Parents, teachers and students are all learning and helping each other in the online world.

Expectations of Students

The school district has communicated to us the following key assessment and reporting guidelines:

- Students are expected to continue their learning
- Be responsive to communications from teachers
- Students are expected to use appropriate online behavior at all times and uphold the terms of the [Acceptable Use of Technology Policy](#)
- Students are subject to the expectations in the [District Student Code of Conduct](#) and their School's Code of Conduct

Counselor's Corner – by Ms. Le, Weir Counselor

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Dear Parents and Guardians,

I hope this finds you healthy and managing as best as you can. This update is just my way of reminding you that you are not alone, and that I am here to support you and your children in any way I can as we go through a time of uncertainties.

Anxiety is something that we all experience to varying degrees throughout our lives. The current situation we are living in can create a sense of anxiety in many who normally feel worry free. The Anxiety Canada Website has put out helpful articles relating to anxiety and COVID-19.

This website has an abundance of information about anxiety in adults, youth and children and many links to resources and supports that you may find helpful.

Here is the link to the website:

www.anxietycanada.com/

Here is the link to the articles regarding COVID-19:

https://www.anxietycanada.com/site-search/?fwp_keywords=covid

I understand our families are facing a lot of different situations right now, so please do not hesitate to reach out. My email is gle@vsb.bc.ca. Be well and safe.

This newsletter will also be posted on the Weir School Website (<https://www.vsb.bc.ca/schools/dr-george-m-weir>). Stay safe and healthy.

CONTACT INFORMATION

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